

Souper Season of Comfort, Winter 2001

Side Dishes

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Colorful Mashed Potatoes

Hello, here's some fruit and vegetable news you can really enjoy. I've discovered a wonderful way to offer a variety of vegetables in a dish everyone loves, mashed potatoes. Boil and mash 2 medium Yukon Gold potatoes with low fat milk. While the potatoes are cooking, heat 2 teaspoons olive oil in a skillet and sauté 1 cup chopped sweet onions for 2 minutes. Add a cup of chopped carrots and a few caraway seeds, cover, and cook 10 minutes. Then drop in 1 cup of chopped broccoli and cook until bright green. Stir in the mashed potatoes, with a little salt and pepper. It looks and tastes delicious, and it's loaded with healthful nutrients. What a great way to give your family 1½ vegetable servings. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Colorful Mashed Potatoes

Serves 6

Provides 1½ fruit and vegetable servings per person.

- 2 medium Yukon Gold potatoes cut in chunks (2 cups)
- ½ cup lowfat milk
- 2 teaspoons olive oil
- 1 cup chopped sweet onions
- 1 cup chopped carrots
- ¼ teaspoon caraway seeds
- 1 cup chopped broccoli
- ¼ teaspoon salt
- ¼ teaspoon pepper

1. Boil the potatoes 10 to 15 minutes or until very soft. Mash and stir in the milk. Set aside.
2. Heat the oil in a skillet and sauté the onions 2 minutes. Add the carrots and caraway, cover and cook until almost tender, about 10 minutes. Add the broccoli and cook 5 minutes more. The carrots and broccoli should both be tender and bright in color.
3. Stir in the mashed potatoes, salt, and pepper. Heat through and serve.

Nutritional Analysis

119 calories
3 g fat
20% calories from fat
0 g saturated fat
0% calories from saturated fat
22 g carbohydrates
168 mg sodium
3 g dietary fiber